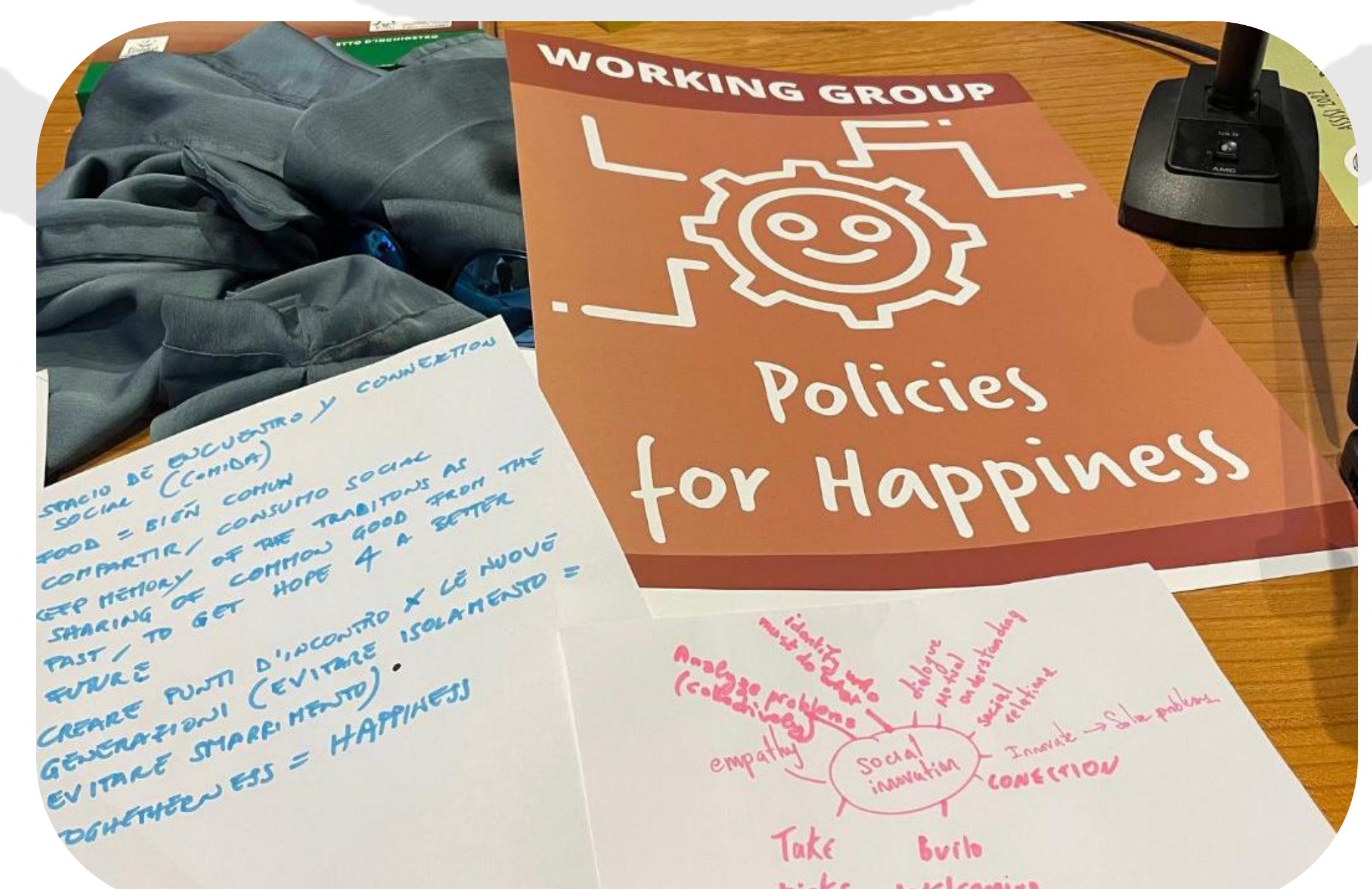


Penguin Model for Happiness in Flourishing Cities

Declining rates of lasting happiness can be seen in modern metropolises around the world, with increasing number of people self-reporting feelings of loneliness, anxiety and depression. The way in which modern cities are designed have created a built environment that **compromises human flourishing**.

Penguins build sustainable colonies, and not only survive, but **thrive in the most inhospitable and challenging environments**. If a goal of society is to **maximize happiness** for everyone, those responsible for economic policy should prefer the path of **integral human development** and **integral ecology**, rather than the pursuit of short-term economic growth, which leads to negative social and economic consequences. Through **biomimicry** of the sustainable colony building behaviour of penguins, we can reimagine **cities as places which promote human flourishing and planetary health**.

Inspired by the way in which penguins build sustainable colonies, we can **re-design our cities to create environments that promote rather than constrain human flourishing**. This can be by promoting **small-to-medium-sized cities** instead of megacities; or **by ensuring essential services and spaces are made available in local neighbourhoods**, to help people find meaning in their everyday lives, enable people to connect with one another, and to live sustainably and in **harmony with our common home**.



Policies for Happiness